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Young Men's Christian Association of Montreal

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COSTS OF INACTIVITY HIGH
BUT EFFECTS REVERSIBLE

A national expert on physical fitness Thursday warned a Montreal Lions Club luncheon that many thousands of Canadians are heedlessly squandering years of life and well being.

"Physical activity is one of the main causes of premature deterioration. Yet some of the world's best brains continue seeking new ways to reduce manual effort," said Alex Wright, Physical Education Director of the Montreal Downtown YMCA.

"That's progress. We don't want to fight it. Our objective at the Y is to offer urgently needed substitutes for the type of natural movement so essential to fitness."

He emphasized that pills may mask or ease the symptoms, but only planned exercise can prevent unfitness and reverse the effects of its accompanying decline in resistance to cardiovascular disease, endurance and general capacity for living.

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Fortunately, he said, even the effects of years of indolence can generally be offset--and in a relatively short time--by planned exercise.

"Our on-going tests indicate adult males in sedentary occupations can, in just three months, improve the efficiency of their heart and circulatory systems by some 35%, and drop about 10 lbs. of excess fat while doing so."

"The gain after a year of involvement in our program is about 70-75% for cardiovascular fitness. Body weight is also, usually, what it should be.

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